

Jul-18




Open Monday - Friday
8:30-4:00pm



Canadian Mental Health Association
Kamloops

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Education/Training	Meetings
Meal Programs	Student/Volunteer
Fitness	Recreation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	2	3	4	5	6		
9:00-10:00am	Clubhouse closed for Canada Day	Cereal & Toast	Pancakes	Cereal & Toast	Cereal & Toast	CPP & OAS- July 27th PWD/Income assistance-July 25th	
9:00-11:00am				Walk with Team Leads, Crochet Tournament	Garden Maintenance		
10:00-11:00am			Chili & Buns	Spaghetti & Buns	Sub Sandwiches		
11:00-1:00			Team Lead Lunch				Backyard BBQ
12:00-1:00pm				C.H.O.M.P. Meeting	Card Making @ 1pm		BINGO
1:00-3:00pm							
	9	10	11	12	13		
9:00-10:00am	Cereal & Toast	Cereal & Toast	Omelettes & Sausages	Cereal & Toast	Cereal & Toast	Music in the Park gets started July 1st at Riverside! 	
9:00-11:00am	Art with Finn	CSW Student start date	Open Door Group - Accessing Job Start Financial Supports	9-9:45am Stretching & Tension release with Marlene	Garden Maintenance		
10:00-11:00am		Sewing with Kennedy					
11:00-1:00	Fish Tacos	Pepperoni Pizza Pasta	Stir Fry	Sushi	BBQ & Chef's Salad		
12:00-1:00pm							
1:00-3:00pm		Cinnamon Buns	Smoothies .50		Beading with Crystal		
	16	17	18	19	20		
9:00-10:00am	Cereal & Toast	Cereal & Toast	Potato Pancakes	Cereal & Toast	Cereal & Toast	Trying to Quit Smoking?! Jaqueline from Interior Health will be joining us July 23rd for smoking cessation! 	
9:00-11:00am	Art with Finn	Womens health & spa day!	Mens health & spa day	Walk with Team Leads, Bocci Tournament	Garden Maintenance		
10:00-11:00am				Members Meeting	C.H.O.M.P. groceries		
11:00-1:00	Chicken Rollatini	Veggie kabobs (wellness participants only)	Pineapple chicken (wellness participants only)	Pizza	Pulled Pork Buns		
12:00-1:00pm							
1:00-3:00pm	Games at Park	Tye Dying	Crib Tournament				
	23	24	25	26	27		
9:00-10:00am	Cereal & Toast	Cereal & Toast	Open Door Group - Online Typing and Computer Skills	Cereal & Toast	Cereal & Toast	<i>New Art Policy!</i> If you are participating in Art with Finn on Monday's you're welcome to store your unfinished projects at the Clubhouse- all other projects must be taken home at the end of the day. THX!	
9:00-11:00am	Art with Finn						Garden Maintenance
10:00-11:00am	FCC Meeting	Budget Workshop	French Toast Bake & Sausages	C.H.O.M.P. Shopping and Cooking. No Lunch at the Clubhouse	Pottery Redemption \$10		
11:00-1:00	Quina Spinach Salad	Pork Chops			BBQ & Potato Salad		
12:00-1:00pm			Clubhouse Closed at Noon!				
1:00-3:00pm	Smoking Cessation						
	30	31					
9:00-10:00am	Cereal & Toast	Cereal & Toast	 In house salsa challenge! July 31st! Winning team's recipe will compete at this years South Hills Salsa challenge!	Open Door Group will be with us 2x this month! July 11th- "Accessing Job Start Financial Supports" & July 25th - "Online Typing and computer	Pottery Class- July 27th! Only 5 spots available, To participate you must sign up and pay \$10 at the Clubhouse.		
9:00-11:00am	Art with Finn						
10:00-11:00am							
11:00-1:00	Homemade Mac & Cheese	PHO Soup					
12:00-1:00pm							
1:00-3:00pm		Clubhouse Salsa Challenge					